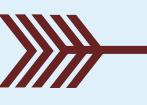
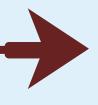


EVERYDAY

 *Courage* 

WITH JILLIAN JOHNSRUD

BEST YEAR EVER

Season One



WELCOME

Welcome to season 1 of Everyday Courage with Jillian Johnsrud! I've created this companion workbook as a resource to help you take the big ideas and conversations from the show and turn them into real action and change in your life.

Feel free to share them with a friend or do them with a partner. You can print them out or use them as a template. Do them all over a weekend or spread it out over the full two months.

There's no wrong way. If you get stuck, just move on to the next exercise. Remember, you don't have to be perfect, just a little more courageous everyday. And doing this kind of internal work and life planning takes a whole lot of courage! So congrats on getting this far.

Inside you'll find some exercises, conversation starters, journal prompts, quotes, links to every episode of this season, plus lots of recommendations or tools that might be helpful.

Thanks for being part of the Everyday Courage community! I'm so glad you're here.

*Adventure Awaits,
Jillian Johnsrud*



PICK YOUR FOCUS

Self/Life

- Strong
- Courageous
- Organized
- Lean
- Declutter
- Meditate
- Therapy
- Read books
- Healthy food
- Time with friends
- Fun/Play
- Adventures
- Learn new skills
- Creative time
- Weight loss
- Start dating
- Wake up early
- Take a class
- Healthy habit
- Grow family
- Less TV
- Other _____
- Other _____
- Other _____

Money

- Track expenses
- Call to reduce bills
- New/life/car/house insurance
- Organized financial paperwork
- Refinance loans
- No spend challenge
- Budget
- Debt payoff strategy
- Cancel unused subscriptions
- Understand investments
- Read books
- Set up budget accounts
- Set up retirement accounts
- Roll over investment accounts
- Hire a coach or financial planner
- Find money friends
- Find a tax professional or accountant
- Pay off _____ debt
- Learn low cost meals
- Take a course
- Find low cost fun
- Other _____
- Other _____
- Other _____
- Other _____

Work

- Network in industry
- Negotiate work from home
- Create plan for promotions
- Update resume
- Learn a new skill
- Take a class/course
- Create accomplishment list
- Brainstorm what you love
- Study new career options
- Ask for a raise
- Better work habits
- Find mentor/ally
- Start side hustle
- Attend event
- Raise your hand for _____
- Read book _____
- Work project _____
- Ask for new responsibility
- Adjust work role
- Professional friends
- Other _____
- Other _____
- Other _____

Your Top Three

1. _____
2. _____
3. _____

30 Day Challenge

1. _____
2. _____
3. _____

12 Week Focus

1. _____
2. _____
3. _____

FIND YOUR WHY

Focus #1:

Why is that important to you?

Dig a little deeper, why is that important to you?

Focus #2:

Why is that important to you?

Dig a little deeper, why is that important to you?

Focus #3:

Why is that important to you?

Dig a little deeper, why is that important to you?

QUOTE CARDS

"Success is not final,
failure is not fatal:
it is the courage to
continue that counts."

- Winston Churchill

"Dare to dream,
but even more
importantly, dare to
put action behind
your dreams."

- Josh Hinds

"Optimism is the faith
that leads to achievement.
Nothing can be done without hope and confidence."

- Helen Keller

"The ultimate
measure of a man is
not where he stands in
moments of comfort and
convenience, but where he
stands at times of chal-
lenge and controversy."

- Martin Luther King, Jr.

"We are what we
repeatedly do. Excellence,
therefore, is not an act,
but a habit."

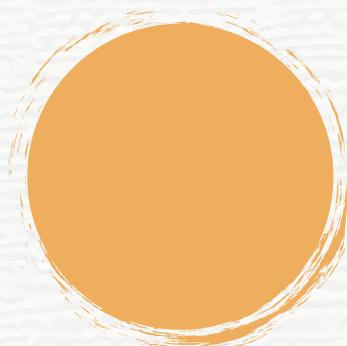
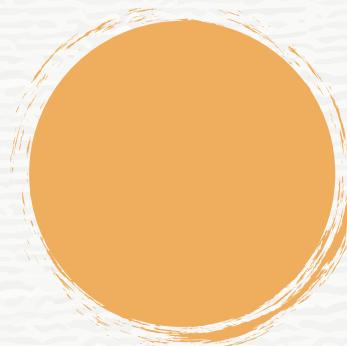
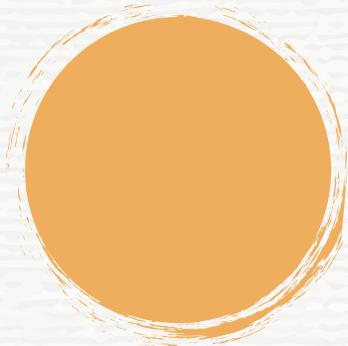
- Winston Churchill

"Goals. There's no
telling what you can
do when you get inspired by
them. There's no telling what
you can do when you believe
in them. And there's no tell-
ing what will happen when
you act upon them."

- Jim Rohn

PICK 3

I'm _____ years old this year. By the time I'm _____ years old I want these three things.....



LISTEN NOW

For the next 30 days or 12 weeks (circle one), I'm leaning into:

To give myself the time, energy and money to focus on these areas I will drift or merely show up in other areas of my life.

Drift

Show up

Lean in

LISTEN NOW

“People overestimate what they can accomplish in a year and underestimate what they can accomplish in 10 years.”

- Bill Gates

STUCK AT 6

We don't want to arrive at the end of our life and realize the areas of life that mattered the most to us were only OK. It's so easy to feel stuck in something that is mediocre.

 **LISTEN NOW**

Any areas of life that are really hard right now (1 being hard, 10 being amazing)? Anything that feels like a 1, 2, 3 or 4?

Life/Self	1	2	3	4	5	6	7	8	9	10
Work	1	2	3	4	5	6	7	8	9	10
Money	1	2	3	4	5	6	7	8	9	10

Anything you can do to start creating change?

Any areas of life you feel stuck at 6? Things that are just so-so but you would love for them to be an 8 or 9 because they are important to you.

What is one small action you could take to start moving the ball forward?

HOW TO CRAFT A QUIT LIST

 LISTEN NOW

If we are going to be courageous in living a life true to ourselves, there might be some things we need to quit. These things aren't serving us where we are going next, even if they were helpful in the past. But often we just need to hit pause on some things. Or we need to say "not yet", it's something we do want in our life, but now isn't the right timing.

Here are some common things that people **Stop**, **Pause**, or say **Not Yet**.



Craft your Quit List below.

What can you stop? What things can you pause while you lean into other areas? What do you need to say "Not Yet" to?

Stop

Pause

Not Yet

"Pursuit of perfection is futile. Instead, I prioritize and often realize goals or tasks I've been aiming for just aren't that important."

- Aisha Tyler

CONVERSATION SHEET

As you plan to create an amazing year, one of the most powerful ways to do that is through conversations. Not everyone loves spreadsheets, but you can inject some thoughtful and helpful questions into your relationships. It will help you gain clarity and confidence.

With a Friend

What's one big thing you'd love to see happen in the next decade? Any goals or dreams that you want to accomplish in the next 10 years?

I'm considering leaning into _____. Anything you are focusing on right now?

I know there are some things I need to quit, like _____, _____, _____, but it's a struggle. Have you dealt with any of these?

I'm trying to find the courage to make some changes in areas I feel stuck. How do you get unstuck?

With a Spouse

If this next decade was amazing, what things would we have done, or what big things would have happened?

What were the best parts of last year (list as many as you can?)

I really want to lean into _____. Anything you want to focus on these next few months? What can we do to help make both of us successful?

I think I personally need less _____ in my life. For us as a family, I'll love to pause or quit _____.

With a Child

What's something you would love to do this year?

Do you have friends who are really encouraging of what you want? Are there any that always discourage your ideas?

What was the best part of last year (try to help them remember and reflect?)

PLAN FOR SUCCESS

Focus One

Focus Two

Focus Three

What does success look like at the end of your 30 day challenge or 12 week focus? Be specific!

How would you feel if you accomplished that? What would it mean to you?

How would it create even more change?

How can you support your success?

Habits

Action Steps

Mindset

Support from Others

Tools/Resources

Time in schedule



RESOURCES

Now you know where you want to lean in! Here are my best suggestions to help you get started. And for an updated list, click any where on this page.



BOOKS

- ✓ Atomic Habits
- ✓ Essentialism
- ✓ Living Forward
- ✓ Smart Couples
- ✓ Finish Rich

[SEE BOOKS](#)



TOOLS

- ✓ Policy Genius
- ✓ Tiller
- ✓ Personal Capital
- ✓ Noom
- ✓ Head Space
- ✓ HR Block
- ✓ Intentional Living

[SEE TOOLS](#)



THINGS I LOVE

- ✓ Post It Notes
- ✓ Clever Fox Budget Notebook
- ✓ Get Stuff Done Planner
- ✓ Bigelow Decaf Earl Grey Tea
- ✓ Everyday Courage Jewelry

[VIEW THINGS I LOVE](#)

LIST OF EPISODES

Episode 1

The Courage to Find Your Dream Job (again) with Kerry Ann Rockquemore

Episode 2

Celebrating Before Your Best Year Ever

Episode 3

How Action Creates Identity with James Clear

Episode 4

Find Three Compelling Goals For The Decade

Episode 5

Recovery And Healing with Deanna Broaddus

Episode 6

Get Unstuck From A Mediocre Life

Episode 7

Perfect But Unhappy with Andrea Robinson

Episode 8

Welcome To My Hot Mess (joy) Club #1

Episode 9

A Year Of Depth with David Cain

Episode 10

How To Lean In And Find Focus

Episode 11

Creating Compelling Goals, Getting On The Same Page With A Spouse And Parenting Intuition: Your Questions Answered

Episode 12

Finding Your Professional Confidence with Kayla Wells (My Former Assistant)

Episode 13

Accomplish More by Quitting: How to Craft a Quit List



LISTEN NOW



JOURNAL

You can use this page to answer each question in depth once, or print out as many as you want and use it as a daily or weekly reflection page for a more consistent gratitude practice.

I'm grateful for (in your self, life, money or work):

I'm grateful for (in each of your areas of focus):

The best version of myself is.....:

Things I won't give up on....:

Last years "Best Of list:" what people, events, trips, work, financial, friendships, life events, unexpected blessings, or accomplishments created the best parts of last year?

"Gratitude is the healthiest of all human emotions. The more you express gratitude for what you have, the more likely you will have even more to express gratitude for."

- Zig Ziglar

SCORE CARD

30 Day Challenge

Did you make a tiny bit of progress today? Did you keep your promises to yourself? Put an X through the days that you “voted with your actions”.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Wk 1							
Wk 2							
Wk 3							
Wk 4							

12 Week Challenge

Did you make progress this week? Did you keep your promises to yourself? Put an X through the weeks that you “voted with your actions”.

	Week 1	Week 2	Week 3	Week 4
Month 1				
Month 2				
Month 3				

What are you learning in this process?

How are you growing?

How can you “test & scale” these goals? How do you need to pivot?

The lessons from business and sports apply to your life; you can't succeed unless you measure the right things and do something about what you learn from the measurement to bring you closer to achieving your goal.

- Jerry Bruckner

EVERYDAY



Courage →

WITH JILLIAN JOHNSRUD

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